



women's resource fair

March 2009



*Anita Brown Culinary Coach* recently spent two busy days at the Women's Resource Fair in Evanston, IL. The fair provided an enriching array of resources and information about products, services and programs - including culinary coaching - for women and their families. Please view our pictures from the event below.

We exhibited our services and offered tantalizing "Chocolate Chip Bites" for people visiting our table. Our breakout session, *The Yellow Brick Road to Healthier Living*, provided 45 minutes worth of tips on setting priorities and preparing quick and easy healthy meals, including a delicious spring salad of pita bread, cucumbers, mint, spring peas, feta cheese and Kalamata olives.